

33. Quinoa Salad

A healthy salad recipe that makes an amount large enough for a potluck or a party. Needs to be halved for general use...

Quinoa: (pronounced "keen-wah") This is a high-energy protein that is mineral rich, easily digested and has more calcium than milk!

Note: Preparation is everything. Some people don't like quinoa, claiming it has a bitter taste, which is true when it is not properly prepared. The grain is naturally coated with a resin, the reason for the off-putting bitterness. Getting rid of the resin is as easy as putting the grain in a bowl of cool water, swish it around with your hand, and drain it into a fine-mesh sieve. Repeat this process up to five times. It doesn't take that long but makes all the difference to any quinoa dish.

To Cook Quinoa:

- In a rice cooker add 4 cups of quinoa to 4½ cups of water, & put on white rice setting.
- On the stove add 4 cups of quinoa to 6½ cups water bring to boil and allow to simmer slowly with lid on for 12-15 minutes until water is absorbed and quinoa has expanded with little rings around it

Ingredients:

There are no rules, use what you have, I like crunchy.

- 4 cups of quinoa, rinsed well, cooked and cooled
- 5 carrots diced
- 5 stalks celery diced
- 1½ apples diced
- 100gms (4oz) sugar snap peas diced
- 1 red bell pepper diced

Delightful topping additions both for flavour and colour

- Fresh organic corn
- Sliced avocado
- Sliced almonds or pin nuts (toasted)

Dressing:

- 1/2 cup olive oil
- 1/2 cup balsamic (I love fig balsamic)
- 2 tbsp maple syrup
- Himalayan salt and pepper to taste
- Crushed garlic (optional)

Directions:

Whisk dressing ingredients together or put in jar and simply shake up (it's that easy!) Dress only the portion of salad you wish to eat and store remainder separately for up to 5 days (dressing will keep longer). Top with avocado and add some sliced almonds (toasted is nice) or pine nuts and enjoy

Again this dressing is a large portion but it does keep very well. Take it to work in a jar and leave in the fridge for days. When you don't have time to take lunch, grab a "to go salad" and use your own organic dressing.